

Zinc	1.25mg/liter
Selenium	15mg/liter
Vitamin B6	0.7mg/liter
Vitamin B12	2.12mcg/liter
Folic Acid	140mcg/liter
Vitamin C	4.25mg/liter
Natural aroma	150mg/liter

The fitness water has a pH of 5.8 or it could be lowered to 4.4 using L-Aspartic acid for hot fill processing. The non-nutritive sweetener or nutritive sweetener could be used in combination with fruit flavors to make the fitness water more drinkable.

The energy fitness water of claim 2 contains number of energy ingredients that are used as an individual energy ingredient or used in combination with two or more ingredients. The energy ingredients are used with fitness ingredients, minerals, and vitamins with or without flavor at pH level from 3.5 – 5.8 with or without acids and flavor.

L-carnitine	250 - 500mg/liter
D-ribose	250 - 500mg/liter
Coenzyme Q10	10 - 25mg/liter
Adenosine Triphosphate (ATP)	25 - 50mg/liter
Taurine	250 - 1500mg/liter

ABSTRACT OF DISCLOSURE

A method of making an alternative bottled water comprising as main ingredients, D-ribose, L-carnitine, Coenzyme Q10, Adenosine triphosphate, Taurine, Garcinia combgia, Chromium polynicotinate, or chromium picolate with or without L-Aspartic acid to provide cardiovascular fitness and overall physical energy. Said energy fitness water may also contain a non- nutritive or nutritive sweetener, aroma and coloring.

The bottled water prepared from these ingredients has pH range from 3.5 to 7.0 dependent on processing and packaging of the bottled water.